

8- week at home

HIIT WORKOUT PLAN

week 3

MONDAY

- 60 jump rope x3
- 12 goblet squats x3
- 12 kettlebell swings x3
- 12 lunges x3
- 20 jump rope x3
- 12 glute bridges x3
- 100 jump rope

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TUESDAY

- 110 jump rope
- 12 push-ups x3
- 12 standing bicep curls x3
- 70 jump ropes x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 50 jump rope x3

WEDNESDAY

- 120 jump rope
- 30-sec mountain climbers
- 20 bicycle crunches
- 100 jump rope
- 30-sec planks
- 80 jump rope
- 20 V- crunches
- 15 burpees
- 30-sec plank
- 20 bicycle crunches
- 20 v crunches
- 50 jump rope

THURSDAY

- 60 jump rope x3
- 12 goblet squats x3
- 12 kettlebell swings x3
- 12 lunges x3
- 20 jump rope x3
- 12 glute bridges x3

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FRIDAY

- 110 jump rope
- 12 push-ups x3
- 12 standing bicep curls x3
- 70 jump ropes x3
- 12 tricep dips x3
- 12 hammer curls x3
- 12 overhead shoulder press x3
- 50 jump rope x3

SATURDAY

- 30 minutes of steady-state cardio such as walking or cycling at a moderate pace.

VISIT: WWW.FITNESSCHALK.CO FOR THE FULL WORKOUT PLAN